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For Lent this year I gave up sweets just to see if I could actually do it. I honestly hadn't thought too much about the health benefits it would provide, I just wanted to know I could meet that challenge because I really like sweets. A few days after Easter I did my biometric screening and was very pleasantly surprised! Compared with my 2012 biometric screening, my total cholesterol had dropped 23%, my HDL cholesterol had gone up 15%, my LDL cholesterol was down 47%, and my triglycerides were down 20%. And my numbers weren't bad in 2012.

When I eat healthier not only do I have more energy, but I sleep better and I am, in general, happier and in a more positive state of mind. It is never too late for anyone to take the first step in becoming happier and healthier.

I have always made time for exercise of one form or another, but often ate too many sweets. As I've grown older I realize I do not want to take a lot of medications if I can help it and that I do have control over some things.

The Wellness Program helps me maintain a healthy lifestyle by reminding me of the value of exercise and nutrition. I exercise at least five times a week, challenge myself to eat healthy, and am always open to hear or read something new that will help me. A huge bonus to exercising before work each day is that I have made new friends who are wonderful, positive, and we are all very supportive of each other.

The Wellness Program is very important to State employees as it gives us as well as our families ideas, options, and support to all live healthier lifestyles.

